

1 produces a very stable, reliable, comfortable support for the user's head, particularly when the user's neck muscles are relaxed. Additionally, as can be seen in **Figure 2**, the head support element **1** is symmetrical about the center-line-plane defined by the plane through the centers of the user's nose and chin. —

IN THE CLAIMS –

Please rewrite **Claim 1** as follows –

1. (**Amended**) A method of relaxing for someone [traveling while] sitting [upright] in a seat, with the someone being a user and having a neck, a chin having sides and a front, and a chest having a central, upper portion, comprising the following steps:

5. a) placing a block of self-supporting material, -
 - having a soft top with a curved, angled depression forming a cup for the chin adjacent to but spaced from the neck, between the chin and the user's chest, and
 - having a bottom for contacting the user's chest
- 10 supporting the user's head through the solid block on the user's chest;
 - b) securing the block of material in place on the user with the cup of the block of material interfacing with for full support the user's chin, and with the bottom of the block of material resting on the central upper portion of the user's chest, while [and] positioned in front of the user's neck; and

15 c) allowing the chin to rest in the cup of the block of supportive material while secured to the user, who is relaxing, producing not only full support beneath the user's chin but also frontal contact with the front of the chin and support along the sides of the chin, while the user is sitting in a seat. –

producing the rewritten claim below –

1. A method of relaxing for someone sitting in a seat, with the someone being a user and having a neck, a chin having sides and a front, and a chest having a central, upper portion, comprising the following steps:

a) placing a block of self-supporting material, -

5 - having a soft top with a curved, angled depression forming a cup for the chin adjacent to but spaced from the neck, between the chin and the user's chest, and

- having a bottom for contacting the user's chest supporting the user's head through the solid block on the user's chest;

10 b) securing the block of material in place on the user with the cup of the block of material interfacing with for full support the user's chin, and with the bottom of the block of material resting on the central upper portion of the user's chest, while positioned in front of the user's neck; and

c) allowing the chin to rest in the cup of the block of supportive material
15 while secured to the user, who is relaxing, producing not only full support beneath

the user's chin but also frontal contact with the front of the chin and support along the sides of the chin, while the user is sitting in a seat.

Please delete **without prejudice Claims 6 & 10.**

Please add the following claims, in which Claim 21 is based on the combination of Claim 1 and allowable Claim 6, while Claims 22-27 are based on original Claims 2, 3, 5 & 7-9, as follows:

21. A method of relaxing for someone traveling while sitting upright in a seat, with the someone being a user and having a neck, a chin having sides and a front, and a chest having a central, upper portion, comprising the following steps:

a) placing a block of self-supporting material, –

– having a top and a soft top with a curved, angled depression forming a cup for the chin adjacent to but spaced from the neck, the block of supportive material having a central shank portion with a reduced lateral size in comparison with its top and its bottom which are larger in their respective lateral sizes,

between the chin and the user's chest by holding the block of supportive material about its central, shank portion in one of the user's hand while the block is being placed between the user's chin and chest, and

– having a bottom for contacting the user's chest supporting the user's head through the solid block on the user's chest;

15 b) securing the block of material in place on the user with the cup of the block of material interfacing with for full support the user's chin, and with the bottom of the block of material resting on the central upper portion of the user's chest, and while positioned in front of the user's neck; and

 c) allowing the chin to rest in the cup of the block of supportive material
20 while secured to the user, producing not only full support beneath the user's chin but also frontal contact with the front of the chin and support along the sides of the chin.

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22. The method of **Claim 21**, wherein in step "b" there is further included the steps of:

 b-1) looping an elongated, flexible member, having end portions, and which is attached to the block of supportive material, around the user's head; and

5 b-2) securing the end portions of the elongated member, causing the loop to be fixed around the back of the user's neck.

23. The method of **Claim 22**, wherein the flexible member is a flexible line and there is further included a push-button/barrel lock through which the end portions of the elongated line pass; and wherein, in association with step "b-2," there is further included the steps of:

5 pressing the push button and moving portions of the flexible line through the lock until the block of supportive material is positioned between the chin and the chest of the user in contact with both of them, and then releasing the push button,

securing the end portions of the flexible line, attaching the block to the user's body about the user's neck.

24. The method of **Claim 21**, wherein said block of supportive material is longitudinally elongated with two laterally extended ends, and there is further included an around-the-back-of-the-neck loop associated with the block in front of the neck, and wherein there is included, in association with steps "a" & "b," the steps of:

5 lessening the size of the loop by pulling it in, while using the laterally extended ends of the block of supportive material's contacts with the user's chin area and the user's upper, central chest area to prevent the block from contacting at least the central part of the user's throat as the size of the loop is lessened and pulled in.

25. The method of **Claim 21**, wherein, in association with step "a," there is further included the steps of:

5 placing the block of material with its soft top with its curved, angled depression up and around the user's chin, contacting the chin's front, sides, and bottom, including over in front, along side and around the mental protuberance and the central cleft area of the mandible of the user.

26. The method of **Claim 21**, wherein, in association with step "a," there is further included the steps of:

placing the block of material with its bottom in contact and being supported on the user's manubrium sterni, approaching but spaced from the bottom
5 tracheal cartilages of the user's neck.

27. The method of **Claim 21**, wherein, in association with step "a," there is further included the steps of:

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a-1) placing the block of material with its soft top with its curved, angled depression up and around the user's chin, contacting the chin's front, sides, and
5 bottom, including over in front, along side and around the mental protuberance and the central cleft area of the mandible of the user, and with its bottom in contact and being supported on the user's manubrium sterni, approaching but spaced from the bottom tracheal cartilages of the user's neck; and

a-2) performing step "c" while the block is in the placement of step "a-1."

Please add the following claims dependent on Claim 1 –

28. The method of **Claim 1**, wherein, in association with step "c," there is further included the step of:

allowing the chin to rest as recited in Claim 1 while the user is traveling.